

Health Care Provider Bulletin

LifeLabs Service Updates: June 23, 2026

CHANGES TO TRACE METAL TESTING

As part of ongoing efforts to improve our quality of service, LifeLabs British Columbia has upgraded its analytical platform for trace metal testing, resulting in updates to trace metal test reporting. These changes will take effect on **July 20, 2026**.

Relevant information related to the reporting changes (reference values, medical decision limits and units) is provided below.

Test	NEW Reference/Units	Former Reference/Units
Copper, Serum	F 11.0-30.0 µmol/L; M: 9.0- 23.0 µmol/L	F 13-24 µmol/L; M: 11-22 µmol/L
Copper, Urine 24h	<0.60 µmol/d	< 0.94 µmol/d
Zinc, Serum	8.8-16.2 µmol/L	9.2-26.0 µmol/L
Zinc, Urine Random	<1.57 µmol/mmol creatinine	None
Zinc, Urine 24h	1.5 - 23.5 µmol /d (>17 years old)	1.5–9.2 µmol /d
Arsenic, Urine Random	<235 nmol/L	None
Arsenic, Urine 24h	<470 nmol/d	<1600 nmol/d
Hg, Blood	<18 years old M/F/U: < 40 nmol/L >=18 years old M: <50 nmol/L 18-50 years old F/U: <40 nmol/L >50 years old F/U: <50 nmol/L	<29 nmol/L
Hg, Urine Random	< 2 nmol/m mol creatinine (>17 years old)	None
Hg, Urine 24h	<10 nmol/d (>17 years old)	<50 nmol/d
Cadmium, Blood	<29.2 nmol/L	<44 nmol/L
Cadmium, Urine Random	<1.4 nmol/mmol creatinine (>17 years old)	None
Cadmium, Urine 24h	< 18 nmol/d	<27 nmol/d
Lead, Blood	0 - 6 years, M/F: < 0.17 µmol /L 6 - 18 years: M/F: < 0.24 µmol I/L 19 - 49 years: F: < 0.24 µmol /L 19 - 49 years; M: < 0.48 µmol I/L >= 50 years, M/F: < 0.48 µmol /L <i>Note: Reference range has been updated to support provincial recommendations and alignment</i>	<19 years old, M: < 0.24 µmol I/L <50 years old, F: < 0.24 µmol I/L 19 – 100 years, M: <0.97µmol/L 50 – 100 years, F: <0.97µmol/L

Test	NEW Reference/Units	Former Reference/Units
Lead, 24hUrine	≤ 10 nmol/d (>18 years old)	< 0.39 μ mol/d
Thallium, Urine Random	< 0.25 nmol/mmol creatinine	None
Thallium, Urine 24h	< 10 nmol/d (>17 years old)	< 49 nmol/d

Please note: some reference values and reporting comments have been updated based on an internal verification procedure.

Sample Handling Requirements:

For **serum zinc, copper and selenium**: Dietary intake, medications, and nutritional supplements may introduce interfering substances and affect test results.

For **urine arsenic** (random or 24h): Specimen collection should be collected after avoiding seafood consumption for three days prior to testing.

For **all trace metal tests**: If gadolinium-, barium-, iodine-containing contrast media have been administered, a specimen collection should be deferred for 48-96 hours following administration.

We appreciate your continued trust in LifeLabs as a reliable provider for medical diagnostic needs. If you have any questions or concerns, please contact LifeLabs Customer Care Centre at 1-800-431-7206.

Sincerely,

LifeLabs